

PPD’s News to Live By

November 2013

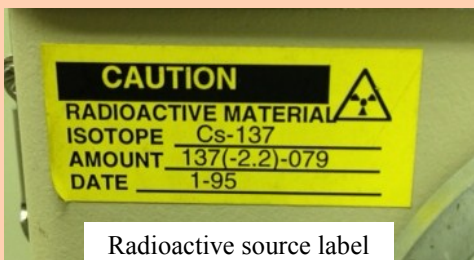
[PPD ESH Newsletter Archives](#)

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Radioactive Sources

Radioactive sources are manufactured specifically for the purpose of using the emitted radiation. They usually contain a known quantity of radioactive material. When a source is in use, the area will be posted with signs that read “Caution—Radioactive Material” or “Caution—Radiation Area” depending on the strength of the source. Only trained and authorized individuals can handle/use radioactive sources.



The lab is required to keep track of all sources on site (except for those installed in smoke detectors), and the accountability program is described in [FRCM Chapter 4: Radioactive Materials](#).

Please note that we are never to remove labels from sources. Contact PPD ES&H if you find material that appears to be mislabeled.

If you ever notice a source is missing or damaged, contact the PPD [RCT](#) or [RSO](#) immediately.

Human Performance Improvement (HPI) Classes for All Employees

There are half-day classes scheduled November 20th through November 22nd available to all employees. The course discusses how humans are fallible, how we can predict “error likely” situations, and how to identify error precursors. If you are interested in attending, confirm with your supervisor that you can attend one of these sessions, and enroll here: http://www-esh.fnal.gov/pls/default/schedule.show_course_details?cid=7739

Fall Protection—Rescue Plans



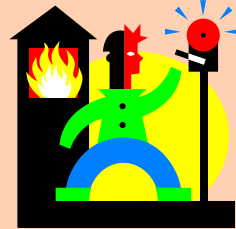
Ever had to use fall protection? Did you have a rescue plan?

Anytime there is the potential for someone to be hanging by a harness, a rescue plan must be developed, and a written Hazard Analysis is required. The Hazard Analysis needs to include how someone hanging from a harness will be rescued. The maximum length of time someone can be suspended is 15 minutes to minimize the risk of additional injuries or death from suspension trauma.

[FESHM 5066—Fall Protection](#) outlines what information you should include in your fall rescue plan, such as what rescue equipment is available, what communications systems will be used between the rescue team and suspended worker, what if the worker is unconscious, etc.

The [Fermilab Fire Department](#) can be contacted for assistance when developing your rescue plan. They must also be notified before starting work so that they can be prepared to rescue.

It’s Just a Drill, I’m Supposed To Leave?



Following some of our fire drills in October, it seems appropriate to remind everyone that if you hear a fire alarm sounding, you are to evacuate the building (regardless if it is a drill or actual event).

If you are not sure what the different alarms sound like, check out the “[Alarm Sounds](#)” slide in the ESH&Q DocDB to listen to some sound clips.

Blew a fuse??

Your equipment just powered down unexpectedly. You may have heard a fuse pop or the circuit breaker may have opened up. Do you have the correct personal protective equipment (PPE) for the investigation or repair? Do you have the training/qualifications to properly conduct an electrical diagnostic investigation? A typical investigation of an electrical abnormality may require Lockout/Tagout equipment, NFPA 70E PPE, and a zero energy check. How do you know what PPE is required? These are the questions you need to answer before you proceed (Take Five). There are different levels of PPE required for different hazard categories with respect to the exposure to electrical arc flash/blast and shock hazards. You can find this information in the [Electrical Safety in the Workplace - NFPA 70E training](#) or [FESHM 5048 – Hazard Mitigation for Electrical Workers](#). Work safely around electrical equipment. If you have questions, please contact the PPD Electrical Coordinator, Steve Chappa.



Note: a PPD specific training for personnel who only operate circuit breakers for powering up/down equipment is in the works. Stay tuned for updates.

PPD ESH Manual 019 updated

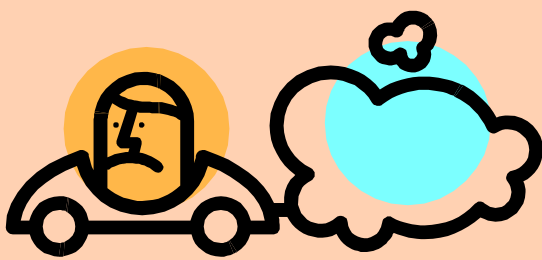


Please note that there have been revisions to [PPD ESH Manual 019](#): ES&H/NEPA Review of Procurements and Proposed Projects

- Manual now includes guidance for purchasing imaging equipment and televisions, which are now included in the EPEAT-registry.
- Revised the NEPA section to remove the reference to the Project Information Form (PIF), which has been replaced with the [Environmental Review Form](#) (ERF).

Avoid Vehicle Idling!

During the colder winter months, it is common to see a vehicle running with no driver in it. While some vehicles may need some “warming up,” this practice should not be abused... especially when fuel prices are so high. The emissions will also have a negative effect on air quality. The majority of vehicles these days do not require a warm up, and idling the vehicle rather than driving is much slower at warming the vehicle up to begin with.



Keep in mind that the lab rules for fleet vehicles includes a restriction on vehicle idling as well. BSS Documentation: [Transportation Policies, Chapter 4, Appendix B: Rules for Operators of Laboratory \(Fermilab and GSA\) Government Vehicles](#) states: *Vehicle Operators are responsible for shutting off the engine while the motor vehicle is stationary at a loading zone, parking area or any other off street areas unless special conditions are required for the safety of the operator or the safe operation of the vehicle.*

You can learn more about Vehicle Idling and it’s affects at Argonne’s [Transportation Technology R&D Center](#) website.

Snow shoveling

Snow season should be upon us soon, and it is time to prepare once again. Any employees who shovel snow at the lab for greater than 15 minutes must complete a [Snow Removal Questionnaire](#) and submit it to the Medical Office (MS-204).

Anyone who will be shoveling snow (work or home) should take the following precautions:

- Confirm you are physically fit for this difficult physical task (consult with your medical physician prior to the snow shoveling season).
- Warm up for 5-10 minutes; stretch your lower back and hamstring muscles; loosen your arms and shoulders.
- Drink plenty of water before and after shoveling to prevent dehydration.
- Use a shovel that reduces your lift distance, such as a snow shovel with a curved handle.
- Push snow rather than lift it, as much as possible. Do not twist your upper body to throw snow.
- Pace yourself and take frequent breaks to gently stretch your arms, legs and back.

Snow removal workers at the lab are eligible to receive a pair of ice cleats (a.k.a. Stabilicers), available in the stockroom.

You can find more tips and information in the following:

- ◇ Article, “[Prevent Snow Shoveling and Snowblowing Injuries](#)”
- ◇ Article, “[The Scoop on Snow Shoveling Safety](#)”
- ◇ Previous *Fermilab Today* article, “[The Right Stuff in Dealing with the White Stuff](#)”



The “Doh!” Photos of the Month



PPD October Injuries

10/29/2013—While looking for the location of leaks in a secondary containment, employee’s arm was exposed to scintillator oil. Both employees performing the job were wearing Tychem suits and nitrile gloves, but the sleeves on the suit kept creeping up, leaving the forearms exposed. After completing task, employee washed hands and forearms, but noticed two quarter-sized red patches on right forearm. Over-the-counter cream applied, first aid only.